

Menus for August/September 2023

Blairsville & Saltsburg

This institution is
an equal
opportunity

Thursday, August 24

Breakfast

Cinnamon Dunkin Stix
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Popcorn Chicken
Mashed Potato Cheese
& Gravy Bowl W.G.
Dinner Roll
Wow Butter Jammer w
Cheese Stick & Crackers
Golden Kernel Corn
Sliced Beets

Friday, August 25

Breakfast

Super Bakery
Powdered Minis
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Stuffed Crust Pizza
W or W out Pepperoni
Crispy Fish Sticks
Garden Salad w Lite
Dressing
Fresh Broccoli Florets

Monday, August 28

Breakfast

Super Bakery
Blueberry Munchkins
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Bacon Cheese Burger
W.G. Corn Dog
Homemade Baked
Beans
Whole Peeled Baby
Carrots

Tuesday, August 29

Breakfast

Orange Dream Mini Loaf
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Italian Combo Platter
W Garlic Bread Stick
Juicy Chicken Patty
Garden Salad w Lite
Dressing
Sliced Beets

Wednesday, August 30

Breakfast

Blueberry Bread Slice
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Chicken Pot Pie
& Soft Biscuit
Boneless Wing Boat
w Garlic Bread Stick
Fluffy Whipped Potatoes
Three Bean Salad

Thursday, August 31

Breakfast

Celebration Benefit Bar
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Cherry Blossom Chicken
over Rice
W.G. Dinner Roll
Wow Butter Jammer w
Cheese Stick &
Crackers
Steamed Broccoli
Fresh Red Pepper Strips

Friday, September 1

Breakfast

Belgian Maple Waffle
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Personal Pizza
Crispy Fish Sticks
Garden Salad w Lite
Dressing
Tender Green Beans

**HAPPY
LABOR DAY!**



Try not to be **BLUE**
about Summer's end -
enjoy the last sweet
days of the season
BERRY much!

Tuesday, September 5

Breakfast

Toaster Pastry
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Walking Taco w Cheese
Lettuce Salsa Sour
Cream w W.G.
Dinner Roll
Juicy Chicken Patty
Refried Beans
Fresh Grape Tomatoes
& Cucumbers

Wednesday, September 6

Breakfast

Yogurt & Granola
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Rotini W Meat Sauce
& Garlic Bread Stick
Boneless Wing Boat
w Garlic Bread Stick
Garden Salad w Lite
Dressing
Fresh Broccoli Florets

Thursday, September 7

Breakfast

Strawberry Guava
Turnover
Choice of Fruit or Fruit
Juice & Milk Choice

Lunch

Chicken Cheese
Quesadilla
Wow Butter Jammer w
Cheese Stick &
Crackers
Tender Green Beans
Whole Peeled Baby
Carrots

Friday, September 8

Breakfast

Cream Cheese Bagel
Stick
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Homestyle Mozzarella
Bread Sticks w Side of
Marinara Sauce
Turkey Hot Dog on Bun
Garden Salad w Lite
Dressing
Fresh Celery Sticks



YOU'RE GOOD

**ALL STUDENTS EAT
ALL MEALS @ NO COST
AGAIN THIS YEAR**

RIVER VALLEY SCHOOL DISTRICT

DON'T 4 GET!

Take at least **ONE**

FRUIT or VEGGIE

and at least **THREE**
items total so your meal
counts as a complete lunch!

Monday, September 11 Breakfast Banana Bread Slice Choice of Fruit & or Fruit Juice Milk Choice Lunch Rib Bar Bee Que Sandwich w BBQ Sauce W.G. Corn Dogs Homemade Baked Beans Tender Green Beans	Tuesday, September 12 Breakfast Dinner Roll & Cheese Stick Choice of Fruit & or Fruit Juice Milk Choice Lunch French Toast Slices w Warm Syrup & Ember Farms Sausage Link Juicy Chicken Patty Baked Hash Browns Baby Whole Peeled Carrots	Wed., September 13 Breakfast Plain Yogurt w Granola Choice of Fruit & or Fruit Juice Milk Choice Lunch Beef & Cheese Nachos Grande Salsa & Sour Cream W.G. Dinner Roll Boneless Wing Boat w Garlic Bread Stick Refried Beans Baby Whole Peeled Carrots	Thursday, September 14 Breakfast Apple Frudel Choice of Fruit or Fruit Juice Milk Choice Lunch Meatballs w Gravy over Buttered Noodles W.G. D. Roll Wow Butter Jammer w Cheese Stick & Crackers Glazed Carrots Fresh Cucumber & Grape Tomato	Friday, September 15 Breakfast Super Bakery Cocoa Minis Choice of Fruit & or Fruit Juice Milk Choice Lunch French Bread Pizza Crispy Fish Sticks Garden Salad w Lite Dressing Seasoned Peas
--	--	---	--	---

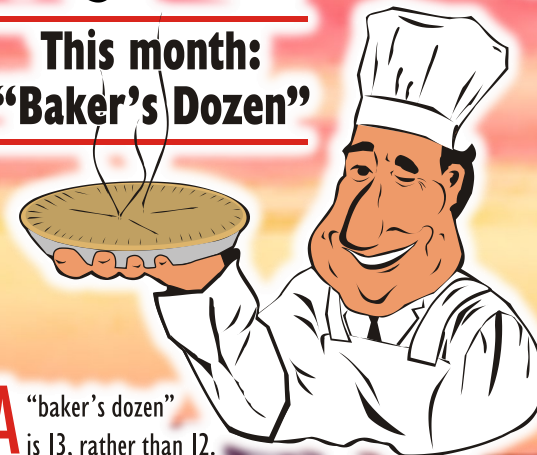
Monday, September 18 Breakfast Pumpkin Bread Choice of Fruit & or Fruit Juice Milk Choice Lunch Hot Meatball Hoagie W Shredded Mozzarella W.G. Corn Dogs Golden Kernel Corn Homemade Baked Beans	Tuesday, September 19 Breakfast S. Bakery Powdered Munchkins Choice of Fruit & or Fruit Juice Milk Choice Lunch Creamy Macaroni & Cheese w W.G. Dinner Roll Juicy Chicken Patty Seasoned Mixed Vegetables Sliced Beets	Wed., September 20 Breakfast Mini French Toast Squares Choice of Fruit & or Fruit Juice Milk Choice Lunch Launchable: Turkey, Cheese Stick, Cucumbers, Grape tomatoes, Rach Dip & Crackers Boneless Wing Boat w Garlic Bread Stick Hash Browns Baby whole Peeled Carrots	Thursday, September 21 Breakfast Banana C.C. Benefit Bar Choice of Fruit & or Fruit Juice Milk Lunch Mandarin Orange Chicken Over Rice W.G. Dinner Roll Wow Butter Jammer w Cheese Stick & Crackers Steamed Broccoli Fresh Red Pepper Strips	Friday, September 22 Breakfast Strawberry Cream Cheese Bagel Stick Choice of Fruit & or Fruit Juice Milk Choice Lunch Cheese Calzone Crispy Fish Sticks Garden Salad w Lite Dressing Tender Green Beans
--	--	---	--	--

Monday, September 25 Breakfast Cocoa Bread Slice Choice of Fruit & or Fruit Juice Milk Choice Lunch Crispy Chicken Nuggets w Dipping Sauce W.G Dinner Roll W.G. Corn Dog Homemade Baked Beans Sliced Beets	Tuesday, September 26 Breakfast Strawberry Strudel Choice of Fruit & or Fruit Juice Milk Choice Lunch Beef Burrito Bowl W Salsa Juicy Chicken Patty Whole Kernel Corn Fresh Broccoli Florets	Wed., September 27 Breakfast Sky B. Coffee Cake Choice of Fruit & or Fruit Juice Milk Lunch Cheese Ravioli w Meat & or Marinara w Garlic Bread Stick Boneless Wing Boat w Garlic Bread Stick Garden Salad Lite Dressing Fresh Celery Sticks	Thursday, September 28 Breakfast S. Bakery Pull Apart Daisey Choice of Fruit or Fruit Juice Milk Choice Lunch Pizza-Burgers Wow Butter Jammer w Cheese Stick & Crackers Seasoned Green Beans Three Bean Salad	Friday, September 29 Breakfast Maple Mini Pancakes Choice of Fruit & or Fruit Juice Milk Choice Lunch Stuffed Crust Pizza W or WO Pepperoni Hot Fish Sandwich W.G Dinner Roll Garden Salad Lite Dressing Seasoned Peas
--	---	--	--	--



Where do all of our crazy names for food come from?

This month: "Baker's Dozen"



A "baker's dozen" is 13, rather than 12.

The term comes from way back in the 13th century, when bakers in England could be punished severely for not giving their customers as much bread, by weight, as they had paid for. To avoid the punishment, bakers would include an extra piece in each dozen, just to be sure!

NUTRITION TO GO

Broccoli is a "smart carb," a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli's good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!

A QUICK BITE FOR PARENTS